Laments, recorded in psalms, songs, prayers, and actions, have helped the people of God speak honestly about pain and suffering while remembering the presence of God in all things. Laments may address the experience of individuals or communities. As you work through your own lament, use the words of Scripture to guide and inspire you.

STEP 1 NAME

→ What is the hurt that you are naming?

→ What is the burden that feels unbearable?

Name both your feelings and the cause.

My eyes flow with rivers of tears because of the destruction of my people.
—Lamentations 3:48

By the rivers of Babylon—there we sat down, and there we wept when we remembered Zion.
—Psalm 137:1

Why, OH LORD, do you stand far off?!?
Why do YOU hide yourself in times of trouble?!
—Psalm 10:1

STEP 2 Cry Out!

Shout to God! Use words if you need them. Lament invites the whole body to be present and to release the hurt, fear, anger, and pain that you are holding.

Do NOT forsake ME, O Lord, O my God, do NOT be far from me. Make haste to help me, O Lord, my salvation.
—Psalm 38:21-22

STEP 3 Remember!

We are not alone in our suffering. Laments pause to remember God's presence. As Christians, we remember Jesus' ministry that shares our suffering.

→ How does God's story and your story intersect in this moment?

He was despised and rejected by others; a man of suffering and acquainted with infirmity; and one from whom others hide their faces he was despised, and we held him of no account.
—Isaiah 53:3

JESUS

STEP 4 Find Hope!

Laments often end with the community declaring the promises and faithfulness of God.

→ What promises of God's faithfulness speak to you?

→ If you cannot find the words, what text from Scripture can help you?

→ Who, such as a friend or loved one, can say them?

Do not fear, for I have redeemed YOU; I have called YOU by name; YOU ARE MINE!!!
—Isaiah 43:1b

He will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more. For the first things have passed away.
—Revelation 21:4

STEP 5 Amen—So be it!

Offering a final "Amen" reminds us that, once offered, a prayer is received by God.

→ What does your "Amen" sound and look like today?

SAMPLE

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